

Strength & Vitality Bulletin

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We complete the writing of this letter with the dramatic and sombre event of White Island still fresh in our minds. This had indeed been a dramatic year for things occurring, what with forest fires in Australia and the political permutations taking place in America and Britain. And as for us both it has undeniably been a most intensive year as regards health matters. Gordon has of course recovered well from his heart attack in May, however upon investigating at a later date what transpired, revealed that it was an extremely close brush with death. You may find the information on Page 5 to be informative. As for the younger Donna things have worked out well after medical investigations in Tauranga Hospital identified that since being a child she has suffered from a mild form of Bronchiolitis, and having her tonsils and adenoid's removed before she was a teen, although standard practice for the time, has not helped over the long term. Shortly thereafter other events led to hospital visits in Whakatane where it has been diagnosed she has Sinus Tachycardia. Things have worked out well however, with a prescription bringing at the moment good results. So the year of 2019 comes to a conclusion, and although it is common to hear this phrase "it comes around faster each year" certainly this year has proven to have moved quicker than any other that we both can remember. Probably this has to do with what occurred, so we all await the new one with positive expectations. Kind Regards Gordonna

END OF THE YEAR ROUNDUP

Many surprising evidential details and figures

The last newsletter we produced had a promise to include several interesting and beneficial news items that we've not been able to incorporate during the last 12 months. So without any further delay, here is our article made up from various sources and all designed to be illuminating in the matter of what produces better health for the community. So what's your sense of smell like?

For the elderly, sense of smell could be a key indicator for overall health

Natural News 10/12/19 and written by Asenio Toledo has the following important information: Your ability to detect odours may indicate the state of health as you age. A study conducted on men and women between the ages of 71 and 82 found that those who had



"I don't have time to jog or lift weights. If it weren't for smoking, my lungs wouldn't get any exercise at all!"

difficulty recognising sensitive noses. This common odours were includes study participants about 50% more likely to who were considered die within 10 years than otherwise healthy but had those who retained their an impaired sense of smell.



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The researchers believe that using a deteriorating sense of smell as a marker for overall health can be useful for flagging down other potentially life threatening conditions, especially in the case of older people. The study was conducted by researchers from Michigan State University over a 13 year period. Their study involved 2,289 adult men and women who were tasked to complete a smell test of 12 common odours. Depending on the results, the researchers rated the participants as having good, moderate or a poor sense of smell. By the 13th year of the study, nearly half of the participants (1,211) had already died. Those who were rated with poor olfactory functions had a 46% higher cumulative risk

of death by the 10th year of the study and a 30% higher risk by year 13. Sex, race and many other lifestyle and demographic factors didn't affect the results of this research. However, the scientists did find that many participants who were healthy at the start of the 13 year long study were found to be largely responsible for the higher risks. The researchers, whose finding were published in the journal *Annals of Internal Medicine*, said that a poor sense of smell is already a possible indicator of weight loss, dementia and Parkinson's disease. However, they stipulated that this only explained 28% of the increased mortality risk - 22% for neurodegenerative diseases and 6% for weight loss - leaving most of the

uptick unexplained. "We don't have a reason for more than 70% of the increased risk," said Honglei Chen, an epidemiologist and one of the researchers. "We need to find out what happened to these individuals." Chen said they plan to pursue this mystery in the future with more studies. "It tells us that in older adults, impaired sense of smell has broader implications of health beyond what we have already known." Chen further stated that including a screening test for sense of smell should become routine for checkups, as it may give health practitioners a better understanding of the condition of their patients. Robert Howard, an expert on old age psychiatry at the University College London,

remarking on the study, concurred with Chen's conclusion that loss of smell can be a marker for generalised aging and that olfactory deterioration should be taken seriously both by older people and their attending practitioners. However, Howard also said that "the trouble with any observational research like this is that it's impossible to be sure what's causing what." This echoes Chens sentiment about how more than 70% of the increased risk in deteriorating sense of smell is still unaccounted for. Howard further remarked that there are many differences between people with a poor sense of smell and those whose olfactory systems were working perfectly and that this may not be the only

Taken from Various Sources

Including Natural News & Time Magazine



ACTIVE HEALTH SERVICES PRESENTS

Health News in brief from around the Globe

Time magazine 11/11/19 reports that an experimental vaccine against tuberculosis, the world's deadliest infectious disease, could save millions of lives according to a study published on Oct 29th of this year. The vaccine has about a 50% success rate, which bodes well for at least some of the 1.6 million people who die of TB each year.

4 drug companies, including McKesson and Cardinal Health, reached a US \$260 million settlement with 2 Ohio counties on 21/10/19 before a Federal trial began. The counties would have been the first of

hundreds to go to trial over allegations that drug distributors contributed to the opioid epidemic raging in America. (*Time* magazine 4/11/19)

1 gram of feces can contain 10 million viruses, 1 million bacteria and 1,000 parasitic cysts. They infect us through tiny openings in our skin or by contaminating food and water. (*National Geographic* page 102 of August 2017 issue.)

November 2017 issue of *National Geographic* has on pages 124 -125 a detailed summary of how vaccines brought about victory over multiple diseases. Since the 1940's the

incidence of infectious diseases that once afflicted hundred of thousands of people has dropped dramatically. Polio and rubella have gone from America and diphtheria is rare.

1 million patients die globally every year from surgical complications, with 40% of primary and outpatient care patients harmed by medical error. As reported in *Time* magazine 25/11/19.

The US Centres for Disease Control & Prevention (CDC) announced an outbreak of vaping related lung diseases in August 2019. However the

reports lacked an answer as to why this was so. This changed on November 5th of this year when CDC principal deputy director Dr. Anne Schuchat told reporters "For the first time we have detected a potential toxin of concern: vitamin - E - acetate." This particular ingredient is commonly and safely used in dietary supplements and beauty products. Inhaling it however seems to be very different from ingesting & topically absorbing it. Despite the breakthrough, the CDC's investigation isn't over. The 29 samples tested represent fewer than 2% of the people who have gotten sick, and other multiple chemicals may be to blame as well.

There is no such thing as bad publicity

factor influencing the higher mortality rates in the former. This means there's a possibility that a poor sense of smell isn't the cause of higher death rates at all. He believes there are two possibilities at play here. First is that a poor sense of smell is a factor and that it is an early sign of an underlying illness that contributes to the mortality rate. Second is that having a poor sense of smell is what leads to illnesses, "perhaps because poor smell affects how food tastes, and therefore might contribute to poor nutrition which could lead to bad health." (Related: Human's sense of smell is actually just as strong as dogs, but people dull their senses with carcinogenic artificial fragrance.) Whatever the case may be, both Chen and Howard seem to agree that more research needs to be done to investigate just how big or small of a role a poor sense of smell plays in elderly mortality rates.

New Zealand is the highest consumer of Instant Coffee

This beautiful country has many firsts in the history of mankind's achievements. (Consider this: Possibly the best claim to successful powered and controlled flight before the Wright Brothers comes from New Zealand. Richard Pearse of Waitohi worked on the problem of powered flight beginning in 1899, and developed an aircraft that quite resembled a modern ultralight. Pearse would have beaten the Wrights by eight months if he hadn't crashed at the end of his 140 meter flight on March 31st, 1903. Or maybe it was the lack of photographs, logs, or written records of the flight. The few eyewitnesses couldn't agree on the length of the flight, or

even the exact date. Some accounts place the flight as early as 1902; some as late as 1904. Since the landing wasn't really any rougher than the Wright's landing during that first flight at Kill Devil Hills, the lack of documentation probably kept Pearse out of most history books. (www.mentalfloss.com) New Zealand is the number one country worldwide for instant coffee consumption per capita, as 70% of coffee drunk in this country is of this type, with a 2015 survey by Southern Cross revealing that 46% of us prefer it to other types of coffee. Perhaps the reason for this exists in this little known fact: David Strang who was a Kiwi living in Invercargill invented the stuff in 1899 and applied for a patent for his "soluble coffee powder." In America only 6% drink instant coffee preferring instead filtered, espresso or percolated coffee, resulting in an amazing 400 million cups of coffee every day. Americans drink about 146 billion cups of coffee annually, with 65% of US adults drinking coffee with their breakfast.

The Top 8 Benefits of Bay Leaves

Before we begin to consider the list, let's first of all ask the question: What are Bay Leaves? A shiny green leaf with nutrient rich qualities that comes from a small native tree existing in the

Mediterranean region. This tree as illustrated below is known scientifically as *Laurus nobilis*, and the leaves produced from such are identified as being "true" compared with other types that have a similar appearance and aroma but lack the same nutrient content. It is thought that bay leaves have a very strong effect on the gastrointestinal system, both stimulating urination as a diuretic, which decreases the toxicity of the body and possibly stimulating vomiting if something has been consumed that is dangerous to good health. Very good for settling upset stomachs, soothing irritable bowel syndrome and even lessening the symptoms of Celiac disease. The strong antibacterial properties of this leaf means that when the essential oil is obtained, it can be mixed into a salve and applied to the chest to help alleviate various respiratory conditions. By inhaling the vapour it can then help loosen up the phlegm and also eliminate any dangerous trapped bacteria that may be lurking in the respiratory tract. And if you wish to eliminate dandruff you can steep bay leaves in water and then rub the mixture onto your scalp after shampooing. The chemicals and volatile ingredients can help eliminate dry skin and dandruff. However one of the most important benefits of

bay leaf is its ability to reduce inflammation throughout the body. This has been confirmed by a study published in the *Phytotherapy research* journal. Because they contain a unique phytonutrient called parthenolide, it can quickly reduce inflammation and irritation when applied topically to affected areas, such as joints and other parts of an arthritic body. This effect can also be achieved through the normal consumption of bay leaf spice. But an associated area of inflammation can also be linked to cardiac problems. The caffeic acid and rutin found in bay leaves are important organic compounds which help enhance heart health. The caffeic acid aids in eliminating the bad LDL cholesterol whilst rutin strengthens capillary walls in the heart and the extremities of the body. The continued problems posed by cancer are also dealt with by the unique combination of antioxidants and organic compounds found within bay leaves. Phytonutrients, catechins, linalool and parthenolide all help to protect the body from the effects of cancer causing free radicals, according to the journal *Nutrition Research*. The previously mentioned linalool is often associated with thyme and basil, but is also present in bay leaves. This compound can help lower the level of stress hormones in the body, especially when used in aromatherapy. So we can ask at this point - would you ever think of bay leaves when it comes to having some means of coping with stress and anxiety? However one of the most interesting pieces of research of this humble leaf comes in connection with diabetes. Research published on National Centre for Biotechnology Information-USA about use of Indian Bay



The rules of success won't work unless you do

leaf in Diabetes indicates Bay leaves are highly helpful in, blood glucose levels and LDL cholesterol levels. Another study published on *Research Journal of Medicinal Plants* proved that Blood glucose levels of Diabetes type 2 people came down by 30%, LDL Cholesterol is reduced by 24%, HDL Cholesterol increased by 18% and Triglycerides are reduced by 25%.

John Staughton is a traveling writer, editor, and publisher who earned his English and Integrative Biology degrees from the University of Illinois in Champaign, Urbana (USA) and wrote most of this material about Bay Leaves, with light editing by Gordon Bruce. He warns that “bay leaf” is a commonly used term that applies to many different plants around the world. However to achieve all of the health benefits that have been discussed, he believes it is essential to find a true bay leaf, derived from the Laurel tree. Other varieties can actually be toxic when consumed, so be certain you’re are getting the real thing.

Are Vaccinations a good or bad thing?

Vaccines are in the news today with the measles outbreak. There is much discussion within the media as to the dangers of not getting vaccinations on a timely basis. We felt the following information from Steven Horne, RH (AHG) and the web newspaper *The Vaccine Reaction* to be useful in considering the answer posed in the subheading.

Steven Horne: In response to the herd immunity argument for vaccines, I find it completely lacking in any scientific evidence or even sound reasoning. As the

article I'm referring to explains, after a certain number of people have contracted a disease and recovered from it the epidemic stops and people who did not show symptoms of the disease don't get the disease. From my nearly 40 years of studying health including studying the immune system and vaccinations, I would propose the following explanation for this. Not everyone exposed to a cold virus gets a cold. Some people's innate immune system is strong enough to stop the disease in the initial stages before it progresses further and requires a response by the adaptive immune system. It is the response of the adaptive immune system to a disease like measles or chickenpox which produces the symptoms. In other words, the symptoms (fever, pox, etc.) are created by the actions of the adaptive immune system in expelling the disease. They are not created by the virus itself. Once a person has successfully fought off a disease naturally, they are immune to it and when exposed to that virus they will not develop symptoms because the body readily prevents the spread of the virus. A vaccine presents a direct challenge to the adaptive immune system, bypassing the innate immune system. (GB: Note the comment at end of article by Thomas Easley) This generates a different immune response that does not result in permanent immunity (which is why booster shots are required). Furthermore, within a given population there will be a growing genetic ability in successive generations to resist the disease more efficiently, perhaps in part due to epigenetics passing on the information but more likely

due to the fact that mothers directly pass antibodies to their offspring while breastfeeding. In addition, the portion of a population with less natural resistance may die off, leaving the surviving population with greater genetic or epigenetic resistance to disease. A similar thing happens as successive generations of bacteria exposed to antibiotics due to their overuse became genetically antibiotic-resistant. It also happens with insects and pesticides. To apply this understanding to claim that people who don't get vaccinated are somehow putting the rest of the population at risk is an abuse of science and has no foundation as this article points out. If you get chickenpox, get over it and become immune to it, the idea that my getting chickenpox at a later date makes you susceptible to it denies the entire idea of adaptive immunity. If vaccines are producing adaptive immunity in those who accept them, it is ridiculous to assert that those who aren't getting vaccinated are putting those who are at risk. It's basically admitting that vaccines are ineffective at creating immunity. This is simply a fear tactic, designed to turn people who get vaccinations against people who aren't. Don't fall for it. The underlying assumption of the theory of herd immunity was that a community as a whole would develop a certain degree of protection from an infectious disease after a portion of its members actually came down with the disease, recovered from it, and became immune to it.

Thomas Easley: Some thoughts. Vaccines don't bypass innate immunity, only protective barriers. Vaccines aren't given IV straight into

the bloodstream. They are given into muscle or under the skin. Vaccines are delivered much like the bacteria on a splinter is delivered. Vaccines stimulate both an innate and adaptive response. Without innate immune priming adaptive doesn't happen.

Steven Horne: Thanks for clarifying that Thomas. I hadn't thought of that. I will correct myself in the future.

Measles in Samoa: Why are So Many Dying?

by Marco Cáceres Published December 15, 2019 |

A total of 72 people have died in Samoa during the current outbreak of measles there that began in mid-October. Most of the deaths have involved children under five years of age. U.S. and global media outlets have been following this story closely, providing regular updates on the number of people in Samoa who have been infected with measles - 4,995 as of Dec. 11, 2019 - and the number of associated deaths. As reported in *The Vaccine Reaction* last week, there has been widespread media coverage of the extreme measures taken by the government in Samoa to “lockdown” the country, including closing all businesses and non-essential government services. Private vehicles have been banned from roads and children under 17 years of age have been prohibited from gathering in public. The government has implemented a mass door-to-door vaccination campaign. The families of children who have not been vaccinated have ordered to hang pieces of red cloth outside their homes so that Samoan health officials can be alerted where to go and administer the MMR

(measles, mumps, rubella) vaccine. The Samoan government is receiving assistance from international organizations and other governments, including shipments of MMR vaccines from UNICEF and advice from health officials at the U.S. Centres for Disease Control and Prevention.

Sensational Headlines Blaming “Anti-Vaxxers” for Measles Deaths

An over-abundant number of news articles have blamed “anti-vaxxers” for the measles outbreak and deaths in Samoa, alleging that people publicly questioning vaccine safety and effectiveness are hindering Samoan government’s vaccination efforts. Articles are given sensational headlines such as “UN says online anti-vaxxers fuelling Samoa measles deaths;” “CDC Goes to Samoa to Battle Measles & U.S. Anti-Vax Disinfo;” “Samoa Arrests Anti-Vaccination Activist As Measles Death Toll Rises;” and “American Anti-Vaxxers Target Samoa, Severe Measles Outbreak Reported.” There is a long list of headlines making unsubstantiated allegations to promote hatred among Samoans toward anyone who is critical of vaccine policies and instil irrational fear of people who are unvaccinated, regardless of their health status. One article titled “The Anti Vax Movement Is Being Blamed For A Measles Epidemic Overseas,” begins, “Really great job, anti-vaxxers. Once again, anti-vaxxers have a lot to answer for.” A similar war-like drumbeat can be heard in the United States, although it is not as loud. That is because there is a difference between what is happening with measles in the U.S. and what

is happening with measles in Samoa. Unlike in the U.S., children in Samoa are dying of measles. Curiously, no mainstream media outlet covering the measles outbreak in Samoa is asking why there have been so many deaths in that country, yet there have been no deaths associated with measles outbreaks in the U.S. From Jan. 1 through Dec. 5, 2019, there have been 1,276 confirmed measles cases in the U.S. but no child or adult has died. What makes measles far more serious disease in developing countries than it is in developed countries like the U.S.? It is important to understand the history of measles and measles vaccine because it is different for different countries. There are many factors that affect morbidity and mortality associated with measles, including standard of living conditions and access to health care, but a major one is malnutrition. When it comes to lowering mortality from measles, the nutritional status of a country matters a great deal, especially for children. As I wrote in a Nov. 25, 2019 article in *The Vaccine Reaction*: Measles mortality rates in the U.S. dropped by more than 90 percent during the first half of the 20th century prior to the introduction of the first measles vaccine in 1963. Deaths from measles had decreased from 21 deaths per 1000 reported cases during 1911-1912 to less than one death per 1000 reported cases in 1953-1962. This improved measles mortality rate was owed to several factors unrelated to the measles vaccine, including better sanitation and living conditions, as well as better nutrition and improved access to health care. The World Health Organization (WHO) states that the

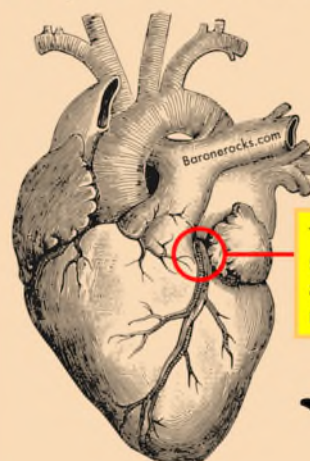
“overwhelming majority (more than 95%) of measles deaths occur in countries with low per capita incomes and weak health infrastructures.” This insight may help explain why so many Samoans are dying, especially since it is known that Samoa has high levels of malnutrition. Samoans, in particular, suffer from a low intake of protein in their diet. The most common form of malnutrition in Samoa is known as Protein-Energy Malnutrition (PEM), which affects children the most. Substandard nutrition, especially among children, may be a big clue as to what is going on with measles in Samoa. Simplistically blaming vaccine critics for measles deaths is a convenient way to deflect attention away from the urgent need to eliminate poverty and improve nutrition and living conditions in developing countries like Samoa?

How much do you know about the “Widow Maker”?

Heart attacks can be deadly, and the widow maker is one of the deadliest kind. It can happen suddenly when a key artery that moves blood to the heart gets almost or completely blocked. Without

emergency treatment, you most likely won’t survive. Despite its name, the widow maker strikes women, too. Your heart muscles need a constant supply of blood. When something cuts off the flow, you have a heart attack. Without oxygen, the cells in your heart muscles start to die in minutes. A widow maker heart attack is a type of heart attack that’s caused by a 100% blockage of the left anterior descending (LAD) artery. It’s also sometimes referred to as a chronic total obstruction (CTO). The LAD artery carries fresh blood into the heart so that the heart gets the oxygen it needs to pump properly. If it’s blocked, the heart can stop very fast — which is why this type of heart attack is called a “widow maker.” Because it serves such a big portion of the heart, the LAD artery is a particularly dangerous place to get a clot. A lot of damage can be done to the heart muscle if blood flow isn’t restored quickly. But, you can’t tell that someone is having a widow maker heart attack from the outside. It causes the same symptoms as a heart attack caused by a blockage in a different artery, including chest pain, chest heaviness, shortness of breath, light headedness and cold sweats. In women, the symptoms can be more subtle, like neck or jaw pain, nausea and light headedness.

Do you know the “Widow-Maker”?



Only 5 - 10% people survive a widow maker

The “Widow-Maker” region refers to the first 1-2cm of the LAD after it branches off the left main coronary artery.

Barone Rocks.com
The Official Site of John Barone, M.D.



Stan has had grand mal epilepsy ever since he was nine years old. (A grand mal seizure causes a loss of consciousness and violent muscle contractions. It's the type of seizure most people picture when they think about seizures. A grand mal seizure — also known as a generalized tonic-clonic seizure — is caused by abnormal electrical activity throughout the brain.)

After decades of strong drug treatment, with his wife's help, he has discovered that by emphasising certain nutrients and treatments he can function normally on a much lower dose - of anti convulsant drugs. First of all, they discovered that whenever he is prone to a seizure, he feels a tightening up of the muscles that are located at the base his skull. They had never heard of a correlation between this phenomena and epilepsy until Dr. Christopher suggested that a spasm in that area may predispose an epileptic to abnormal brain activity and to rub lobelia extract into those muscles for relaxation. They have done so and have found that he feels an immediate improvement. They always keep lobelia extract on hand. They have also discovered that low blood sugar seems to play a role in his seizure activity so it has been very helpful for him to stay away from high glycaemic

foods that are low in fibre. They also discovered that antiseizure drugs such as Dilantin™ and Depakote™ can destroy nutrients such as most of the B vitamins, suggesting that supplementation is vital for anyone taking these medicines. They have found that eating plenty of raw foods, especially dark green leafy vegetables, supplies plenty of live enzymes which seem to help promote good brain health as well. The following nutrient plan is the one they have had the best luck with. They found that after a month of this therapy, they slowly cut down on medication with several weeks on each new level. They also noticed that the more Stan exercises, the better he feels, and that increased exercise has been linked to decreased seizures. It is important to fortify the body with added nutrients if you exercise and to always get adequate sleep. By taking these supplements, they have been able to reduce Stan's dosage from 9 Depakote™ pills daily to only 4 and seem to achieve the same results. Vitamin E using 400 IU daily, helps reduce the incidence of seizures under certain circumstances. Chromium for blood sugar control. Magnesium keeps muscles

healthy, 500 mg. per day, Vitamin D 200IU daily. Danish medical studies done on a small scale indicate that when vitamin D supplements were given to epileptics being treated with anticonvulsants, the incidence of seizures was significantly reduced. Some epileptic medications interfere with the metabolism of vitamin D. B vitamins are important, with extra B6. Anticonvulsant drugs deplete the body of these vitamins. Essential fatty acids are crucial for proper nerve impulse transmission because brain is composed of unsaturated fatty acids. The following amino acids are important proper functioning of brain cells. L-aurine, L-tyrosine and L-glutamine. Ginkgo helps to stimulate in function and can boost memory capacity which may be impaired by anticonvulsant drugs by helping oxygen levels in the brain. Herbal Sleep from Nature's Sunshine is one important way to rebuild nerves in the brain and nervous system. Passionflower is considered a natural CNS depressant and antispasmodic. This herb contains alkaloids and flavonoids which have non-addictive narcotic effects which quiet the brain and promote sleep and relaxation.

Volume 3 Issue 4
15/12/19

**NUTRITIONAL ADVICE FOR ALL THOSE
INTERESTED IN A BETTER DIET**

Regular insert with our main newsletter.

Discussing food that can be consumed with

confidence



Confidently Consume

Flaxseed - Nature's Superfood loaded with nutrients

For centuries, flax seeds have been prized for their health-protective properties. In fact, Charles the Great ordered his subjects to eat flax seeds for their health. So it's no wonder they acquired the name *Linum usitatissimum*, meaning "the most useful." Nowadays, flax seeds are emerging as a "super food" as more scientific research points to their health benefits.

It has the largest plant source of essential omega 3 fatty acids, lifting flaxseed into being hugely important for vegetarians because the other main dietary source is oily fish. These fats thin the blood and, together with fibre help lower blood cholesterol levels, which explains the role flaxseed and flaxseed oil in protecting against heart disease. However it also helps combat cancer, especially breast and bowel cancer. This is due partly to ligands, anti oestrogen plant compounds that are highly protective against hormone related cancers, and partly to fibre. This fibre is great for the digestive system, speeding potentially carcinogenic substances out of the body, and it also makes flaxseed a good remedy for constipation and thereby helps sufferers of irritable bowel syndrome (IBS).

Being a rich source of alpha-linolenic acid (ALA), means that they are one of the two essential fatty acids that we have to obtain from the food we eat, due to the fact that our body doesn't produce them. Animal studies have shown that the ALA in flax seeds prevented cholesterol from being deposited in the blood vessels of the heart, reduced inflammation in the arteries and reduced tumour growth. A Costa Rican study involving 3,638 people found that those who ate more ALA had a lower risk of heart attack than those who consumed less ALA. Also, a large review of 27 studies involving more than 250,000 people found that ALA was linked to a 14% lower risk of heart disease and other numerous studies have linked ALA to a lower risk of stroke.

Flaxseeds contain lignans which are plant compounds that have antioxidant and oestrogen properties, both of which can help lower the risk of cancer. Interestingly, flax seeds contain up to 800 times more lignans than other plant foods, and observational studies show that those who



eat flax seeds have a lower risk of breast cancer, particularly postmenopausal women. In addition, according to a Canadian study involving more than 6,000 women, those who eat flax seeds are 18% less likely to develop breast cancer.

Due to the fact that flaxseeds are a great source of protein (look below at the nutritional content per 100 grams) it is excellent for those who wish to cut back on meat in their daily diet, and are worried if they will suffer from hunger pains. In fact, in one recent study, 21 adults were given an animal protein meal or plant protein meal. The study found no difference in terms of appetite, satiety or food intake noted between the two meals. In a study published in the *Journal of Nutrition* showed that flaxseeds can help a lot in weight loss. Flaxseed has plenty of fibre and beneficial fats that can make you feel full for a long time. You consume fewer calories which could help you lose weight in no time. Also, the amazing seeds have mucilage gum content in high levels. Mucilage can help the stomach keep the food for a longer time and boost nutrient absorption. Flax is also rich in insoluble and soluble fibre that can reduce cravings for sugar, aid in fat loss, and promote colon detoxification.

We at Active Health Services (Gordonna) have found that using Ground Linseed from Healtheries on their daily breakfast cereal, along with a good sprinkling of Wheatgerm has aided them considerably with their overall state of health. (The Ground Linseed is shown in the above picture on the right. It is simply Flaxseed in a powdery form) It is extremely cost effective, and easily obtained from your local supermarket, and usually a 400gram bag lasts for about 4 - 6 weeks. **Nutritional content per 100g:** Energy 492kcal; Protein 20g; Carbohydrates 34g; Fat 34g; Fibre 28g; Potassium 681mg; Magnesium 362mg; Calcium 199mg; Zinc 4.17mg

"Thy food shall be thy remedy" Hippocrates

Product of the Month

8

QNS 3053

Herbal Sleep 100 caps

Retail Price: \$34.30

A formula designed to help the community enjoy better sleep

Herbal Sleep is a natural sedative formula containing herbs that calm the body, relieve anxiety and nervousness, and promote restful sleep. Herbal Sleep does not produce the typical "drugged" symptoms associated with pharmaceutical sedatives. Herbal Sleep is particularly beneficial for individuals who awake repeatedly during the night due to nervous tension or an overactive mind. Mental stress and occasional tension can cause the nerves to become fatigued. The nerve supporting herbs in Herbal Sleep feed the nervous system and may allow the body to better handle stress.

The nervine herbs of hops, passion flower and valerian also have a calming and quietening effect on the nerves. Herbal Sleep has been found helpful for anxiety, chemical dependency, hyperactivity, insomnia and other sleep disorders, nervous/tension headaches, restlessness. Herbal Sleep may also help reduce high blood pressure resulting from anxiety and nervous excitability.



Hops is licensed in Germany as a standard medicinal tea for promoting sleep. Hops is also used in both Germany and the United States in sedative preparations for calming anxiety and unrest. Hops has been shown to induce a soothing, relaxing calm within 20 to 40 minutes. Although the sedative effect of hops is indisputable, the herb's exact mechanism of action remains unclear. However, the sleep-inducing effect of hops has been found to be strongly dependent upon the quality of the extract used. Hops is commonly employed in conjunction with other herbal sedatives such as valerian root. For example, a randomised, double-blind, controlled clinical trial of patients with exogenous (having a cause outside the body) sleep disorders found that a hops-valerian preparation was equally effective as a benzodiazepine drug, and therefore, would be a sensible alternative to such drug therapy for the treatment of non-chronic and non-psychiatric sleep disorders. In addition to sleep problems such as insomnia, the German Commission E also approves the use of hops for mood disturbances such as anxiety, nervousness and restlessness. Furthermore, hops has been used to help wean patients off prescription sedatives. Hops is not recommended for use with prescription sleep-aids, CNS depressants or antipsychotic agents, as this may cause additive effects. Due to the herb's potential estrogenic activity, hops is contraindicated during pregnancy and for those with oestrogen-dependent tumours such as breast, cervical or uterine cancer.

Passion flower has been used for centuries as a natural sedative for insomnia and nervousness. In 1920, researchers documented the herb's effect on inducing normal sleep with light breathing and little to no mental depression and no confusion upon waking. More recent research confirms the anxiolytic (anti-anxiety) and central nervous system (CNS) sedative properties of passion flower, although the specific constituents responsible for these actions remain unclear. Today, passion flower is approved for use in Europe for relaxation, nervousness and insomnia. In addition, passion flower has demonstrated some benzodiazepine receptor agonist activity and thus, may be helpful in the treatment of benzodiazepine withdrawal symptoms. Excessive doses of passion flower may potentiate MAGI therapy. In addition, passion flower should be avoided during pregnancy and nursing, as animal studies show that isolated constituents produce uterine-stimulant activity. Furthermore, since passion flower has not been evaluated for use in young children, it is not recommended for children under two.

Valerian is regarded as an effective sedative, antispasmodic (relaxes muscle spasms) and mild anodyne (pain-reliever). Valerian is indicated for use for insomnia, mild to moderate anxiety, nervousness, restlessness, emotional stress and nervous tension, hyperactivity, hysteria, migraine/tension headaches, premenstrual/menopausal agitation and tension, as well as nervous cardiopathy. The German Commission E also recommends valerian for restlessness and sleep disturbances resulting from nervous conditions. Double-blind, placebo-controlled studies have clinically proven that valerian is beneficial for a variety of sleep-disorder parameters. Research shows valerian significantly decreases sleep latency (the time required to fall asleep), reduces the frequency of night-time awakenings, decreases night-time motor activity and restlessness, and improves sleep quality, especially with elderly poor sleepers. One study of individuals with insomnia showed that 44% of those receiving valerian reported perfect sleep, while 89% reported improved sleep. In addition, a double-blind study found that valerian was as effective for reducing sleep latency as small doses of barbiturates or benzodiazepines. There are no side effects reported with valerian use—even 20 times the recommended dose is nontoxic; however, too large a dose may cause excitability. Unlike benzodiazepines such as Valium and Xanax, valerian does not appear to potentiate the effects of alcohol, nor does it affect coordination or driving ability or cause morning drowsiness. However, valerian should not be used in conjunction with prescription sleep-aids or anxiolytics. Although the German Commission E monograph lists no contraindications for valerian use during pregnancy and lactation, other sources recommend against its use until further research is done.

2 capsules Proprietary Blend 780mg Valerian Root (*Valeriana officinalis*) Passion Flower Aerial Parts (*Passiflora carnata*) Hops Flowers (*Humulus lupulus*)

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